

## Aging & Disability Resource Center of Waukesha County

514 Riverview Ave  
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

[www.waukeshacounty.gov/  
adrc](http://www.waukeshacounty.gov/adrc)

**After hours call  
IMPACT 2-1-1  
211, or toll free  
1-866-211-3380**

### Our Mission

To provide older adults and people with physical or developmental/intellectual disabilities the resources needed to live with dignity and security and to achieve maximum independence and quality of life. The goal of the Aging and Disability Resource Center is to empower individuals to make informed choices and to streamline access to the right and appropriate services and supports.

### Inside this Issue:

- \* Medical Identification
- \* Rx Coupons
- \* National Eye Exam Month
- \* Senior Care Advocacy



### **EXTRA! EXTRA! FIRST MANNED FLYING MACHINE PILOTED BY THE WRIGHT BROTHERS**

Many of us have seen media coverage, attended or maybe even participated in the EAA AirVenture that takes place in Oshkosh Wisconsin every July. But you may not know that, in 1939 President Franklin Delano Roosevelt issued a presidential proclamation which designated August 19<sup>th</sup>, the anniversary of Orville Wright's birthday, to be National Aviation Day.

Brothers Orville and Wilber Wright made significant contributions to powered flight. They were aviators, engineers, inventors, and pioneers who are generally credited with inventing, building, and flying the world's first successful airplane. (timeanddate.com)

Orville was born August 19, 1871 and his older brother, Wilbur, was born on April 16, 1867. One day in 1878, their father gave the boys a toy helicopter. The toy was a foot long, made of paper, bamboo and cork with a rubber band to twirl its rotor. Wilbur and Orville played with it until it broke. Using their young ingenuity, they simply built their own to replace the broken toy. The brothers would say later years that it was the toy that sparked their interest in flying.

The two young men did not immediately set out as young adults to build flying machines. But both of the brothers were engineers and entrepreneurs; Orville first set out on his own starting a printing business in 1889. With his brothers help, Orville designed and built his own printing press. Wilbur eventually joined the print shop full time, and the brothers launched a weekly newspaper, the *West Side News*. The publication lasted only four months so the brothers shifted their focus to commercial printing for a short time.

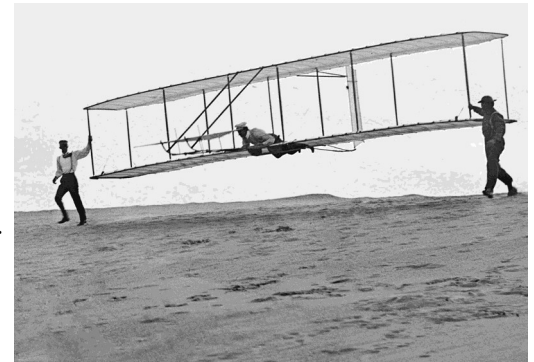
In December 1892, the brothers shifted gears again, capitalizing on the national bicycle craze; opening a repair and sales shop which led to the Wright Cycle Exchange. In 1896, the brothers began manufacturing their own brand. The bicycle business funded their growing interest in flight.



The brothers began their quest for flight by building and flying gliders in 1900. As they developed their "flying machines," they made a promise to their father, who was terrified of losing his children to an accident, that they would never fly together (they only ever flew together one time in later years). (History.com)

Keeping their promise, Wilbur won a coin toss and made a three-second flight in Kitty Hawk, North Carolina. It was not a sustained flight, but the brothers made changes to their flying machine and on December 17, 1903 the brothers made the first controlled, sustained flight. The first flight was piloted by Orville, who flew 120 feet in 12 seconds, at a speed of only 6.8 miles per hour. The next flight by Wilbur covered approximately 175 feet. Orville followed with a flight of 200 feet with their altitude reaching approximately 10 feet above the ground. The Wright Brothers had developed their flying machine into the first practical fixed-wing aircraft. (wikipedia.com)

While the Wright Brothers were not the first to build experimental aircraft, they were the first to invent aircraft controls that made fixed-wing powered flight possible. Their famous first plane, "The Wright Flyer," was donated to the Smithsonian in 1948. Neil Armstrong took a piece of the plane with him when he traveled to the moon.



# The Caregiving Rollercoaster

Caregiving can sometimes feel like a rollercoaster ride. Much of the time you are filled with joy and pride as you spend time with your loved one. Then there are times when you feel overwhelmed and stressed by the challenges of caregiving. Guilt often follows. Then your loved one thanks you for all the work you do and you feel love and joy once more. These emotional ups and downs often occur during the course of one day. When you are caregiving, life becomes a rollercoaster ride that doesn't stop to let you off!

It is normal to experience a large array of emotions when providing care for a loved one. Caregivers who report higher levels of satisfaction have learned the skill of managing their negative emotions. They are also able to focus on all of the benefits of caregiving.

- Growing closer to their loved one as they spend time together
- Feeling enhanced self-worth for coping with a difficult situation
- Having an increased sense of purpose in their life and a sense of achievement

But no matter how positive a person is, negative feelings will still come around. The first step toward managing these feelings is to recognize them before they become problematic.

Some common emotions that creep up on caregivers are frustration, anger, fear and guilt. Some early warning signs of these feelings may be tension, headaches and increased impatience. As soon as you recognize negative feelings heading your way, step back and calm yourself before they take over. The following techniques can be helpful in keeping negative emotions at bay.

- Take some slow, deep breaths.
- Look at the event in a different way. Try to understand the other persons' perspective.
- Leave the room for awhile.
- Remember the good times.
- Participate in physical activity.
- Concentrate on the benefits and rewards of caregiving.

When you are calm again, think about what triggered the negative emotion and how it could have been avoided. You can use negative feelings as a catalyst for change. You may find you need a break (respite care), a change in routine, an outlet for emotional needs such as a support group or to ask others for help with tasks.

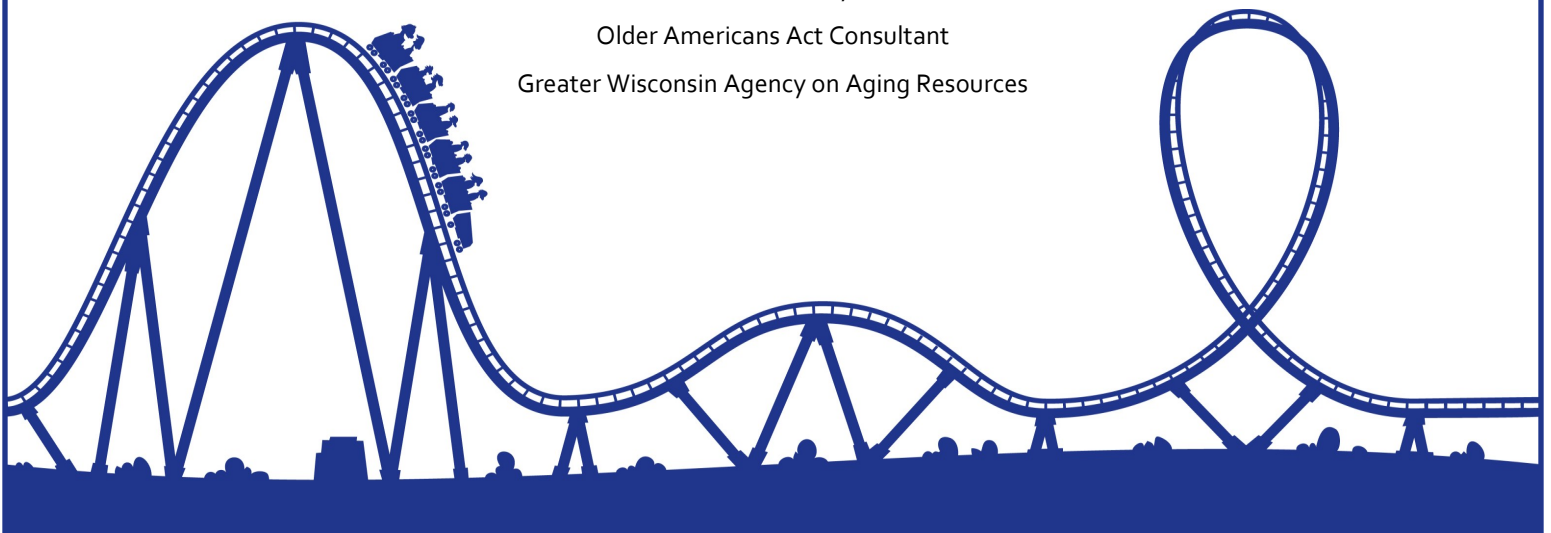
Negative emotions may not be pleasant, but they don't have to leave you full of anger and frustration. Learn to recognize the warning signs, calm yourself and initiate change to help cope with your negative emotions.

Caregiving can be like a rollercoaster, so buckle up and prepare for the ride!

Jane Mahoney

Older Americans Act Consultant

Greater Wisconsin Agency on Aging Resources





## Free Admission to the Zoo for seniors age 55+

Friday, August 31, 2018  
Milwaukee County Zoo

All seniors 55 and older will enjoy a special day at the Milwaukee County Zoo on Friday, August 31, as St. Camillus, A Life Plan Community, offers seniors free admission during "Senior Celebration." This annual event features a variety of activities, entertainment, health and wellness outreach offerings, bingo and complimentary cookies, all presented with the needs of seniors in mind. Last year, over 5,500 guests enjoyed taking part in Senior Celebration activities.

# The Importance of Medical Identification



A medical identification tag is a small emblem or tag worn on a bracelet, neck chain, or on the clothing bearing a message that the wearer has an important medical condition that might require immediate attention. The tag is often made out of stainless steel or sterling silver. The intention is to alert a paramedic, physician, emergency department personnel or other first responders (emergency medical services, community first responder,

emergency medical responder) of the condition even if the wearer is not conscious enough, old enough, or too injured to explain. A wallet card with the same information may be used instead of or along with a tag, and a stick-on medical ID tag may be added or used alone. Other methods used to alert first responders to severe medical conditions include entering the information into your smart phone on the select health app, portable USB drives, and QR codes. All medical alert identifications feature the medical alert insignia (featured in this article) which first responders are familiar with and trained to look for during emergency situations.



A new partnership between MedicAlert and Safe Return has resulted in an emergency alert tag specifically designed for individuals with Alzheimer's disease and other dementias. Visit their website for details.



The ADRC of Waukesha County offers free File of Life magnets to put on your refrigerator. Call us at 262-548-7848 to request one to be mailed to your home free of charge.

FILE OF LIFE		
KEEP INFORMATION UP TO DATE !! Review At Least Every Six Months !		
MEDICAL DATA REVIEWED AS OF		MO. YR.
Name: _____		
Address: _____		Phone #: _____
Doctor: _____		
Preferred Hospital: _____		
EMERGENCY CONTACTS		
Name: _____		Phone #: _____
Address: _____		Phone #: _____
Name: _____		Phone #: _____



## BOOK OF THE MONTH



### *Love, Honor, & Value: A Family Caregiver Speaks Out About the Choices & Challenges of Caregiving*

By: Suzanne Geffen Mintz

(President & Co-Founder of National Family Caregivers Association)

In *Love, Honor & Value, A Family Caregiver Speaks Out about the Choices and Challenges of Caregiving*, Suzanne Mintz shares her caregiving story with others in a way that is both heartfelt and helpful. Suzanne's story does not differ much from anyone else's. What differs is that she has been able to tell it in a way that everyone can relate to. By interweaving her own experience along with practical advice and information from professionals, she has created a book that is both beautifully crafted and full of practical information and inspirational messages.

"When you are a family caregiver, it is more than a 9 to 5 job," Mintz said. "If you haven't walked in a caregiver's shoes, you can never fully understand the emotional stress and pain, the financial burden, and isolation that comes with providing care for someone you love."


By quoting the thoughts and feelings of other family caregivers, she has added depth to the book while simultaneously letting even the loneliest of caregivers know that they are truly not alone. And by co-founding the National Family of Caregivers Association she has given all caregivers a voice in the public arena. This is a must read for all family caregivers and those who care about them.

Visit the ADRC Resource Library today to checkout your copy!

\*Resources from the library cannot be purchased. They are for checkout only.

## Check out what's going on at your local library this month.

A great way to escape the dog days of summer.

<p><b>Alice Baker Public Library</b> 820 E Main St Eagle, WI (262) 594-2800 <i>The Basics of Aromatherapy and Essential Oils</i> Wednesday, August 22 at 6:00 PM <a href="http://www.alicebaker.lib.wi.us">http://www.alicebaker.lib.wi.us</a></p>	<p><b>Brookfield Public Library</b> 1900 N. Calhoun Rd. (262) 782-4140 <i>Songs &amp; Stories of the Dustbowl</i> Wednesday, Aug. 29 at 7:00 PM  <i>Maximize Your Medicare Knowledge</i> Tuesday, Aug. 14 at 6:30 <a href="http://www.ci.brookfield.wi.us/38/Library">http://www.ci.brookfield.wi.us/38/Library</a></p>	<p><b>Elm Grove Public Library</b> 13600 Juneau Blvd. (262) 782-6700 <i>Mysterious Creatures of Wisconsin</i> Wednesday, Aug. 8 at 7:00PM <a href="http://elmgrovelibrary.org">http://elmgrovelibrary.org</a></p>
<p><b>Menomonee Falls Public Library</b> W156 N8436 Pilgrim Road (262) 532-8900 <i>Bottoms Up: Wisconsin's Historic Bars and Breweries</i> Tuesday, August 14 at 10:00 AM <a href="http://menomoneefallslibrary.org">http://menomoneefallslibrary.org</a></p>		<p><b>Mukwonago Community Library</b> 511 Division St. (262) 363-6411 <i>Randy Otto: Winston Churchill Man of the Century</i> Thursday, August 2 at 6:03PM <a href="http://www.mukcom.lib.wi.us">http://www.mukcom.lib.wi.us</a></p>
<p><b>Oconomowoc Public Library</b> 200 West South St (262) 569-2193 <i>Saturday, August 25 from 2:00-5:00</i> <i>125th Year Anniversary Celebration</i> <a href="http://www.oconomowoclibrary.org">http://www.oconomowoclibrary.org</a></p>	<p><b>Pauline Haass Public Library</b> N64 W23820 Main St. (262)-246-5180 <i>Stop Senior Fraud and Scams</i> Tuesday, August 14 at 6:00 PM <a href="http://www.phplonline.org/">http://www.phplonline.org/</a></p>	<p><b>Waukesha Public Library</b> 321 W Wisconsin Av (262) 524 -3680 <i>Maximize Your Medicare Knowledge</i> Monday, August 13 at 10:00 AM <a href="http://waukeshapubliclibrary.org">http://waukeshapubliclibrary.org</a></p>

# *From the Desk of Your Benefit Specialist*

## **Drug Company Coupons and Assistance Programs**

### ***By the GWAAR Legal Services Team***

These days, a common way for people to pay for costly prescription drugs is to utilize drug manufacturers' coupons and assistance programs. For many individuals, this may be the only way to access expensive cancer, anti-rejection, and HIV drugs, among others. In addition, these benefits are valuable when the prescribing doctor believes the brand name drug will work better than a generic version, but the brand name drug is too expensive under the person's current health plan.

The first thing to consider is whether the drug manufacturer offers a discount for your particular prescription. For drug coupons, you need to contact the manufacturer directly. For assistance programs, you can use [www.needymeds.org](http://www.needymeds.org) or Medicare's searchable list of drugs at <https://www.medicare.gov/pharmaceutical-assistance-program/>. Here, you can click on the first letter of the drug's name to see if any programs are available for the drugs you are taking. If your drug is on the list, you can then click on "details" for detailed information about the program. You may learn that you need to prove that you are at a certain stage in your disease, or that you have a financial need to be eligible for the assistance program.

As with any benefit, there are cautions. One thing to understand is that the drug coupons and assistance programs are just that – discounts that can be offered and taken away at any time. This means a person using a drug manufacturer's coupon or assistance program must have a back-up plan if the benefit expires or is discontinued. It is common for benefits to be available for one year only. Drug coupons and assistance programs do not count as creditable coverage for Medicare Part D. That means late-enrollment penalties will accumulate if a person is not enrolled in creditable drug coverage.

A final caution is that if you have Medicare Part D plan and are also using a manufacturer's discount, you will need to notify your pharmacy so it knows to apply the discount first, and bill Medicare second. If you do not notify your pharmacy, it is required to automatically bill your Medicare Part D plan.

## **Welcome to Medicare Class**

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month either 1pm-3pm or 5:30pm -7:30pm. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the ADRC at 262-548-7848. You can also register online at <http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>

**Turning 65?**  
**Need Medicare?**

# Evidence Based Health Promotion Programs

Evidence-based prevention programs have been researched and are proven to have positive results to promote safe, healthy aging. The primary goals of Evidence-Based Prevention and Education Programs are to empower adults to adopt healthy behaviors, improve health status, and manage chronic conditions better.

All workshops meet weekly over a period of 6 –7 weeks. To ensure workshops meet the highest level standards, workshop are led by trained leaders. For a comprehensive list of Evidence-Based Prevention Programs, please check out:

[www.waukeshacounty.gov/ADRCWorkshops/](http://www.waukeshacounty.gov/ADRCWorkshops/)

## COFFEE TEA & TALK

### FOR OLDER ADULT LEARNERS

**Held the First Tuesday of each month!**

**Waukesha County Health &  
Human Services (HHS)– Room 114  
514 Riverview Ave, Waukesha**

**SEATING IS LIMITED: RESERVATIONS  
REQUIRED**

**CALL THE ADRC @ (262) 548-7848**

**August 7th from 10-11am**

### Diabetes Prevention

**1 in 11 adults have Diabetes. Come learn your risk factors, how you can prevent Diabetes and how to reduce your A1C..**

**September 4th from 10-11am**

### Practicing Self-Care

**Taking Care our yourself is easier said than done. We will cover the basics self -care, utilize self -assessments to become aware of your needs and create an action plan using SMART-Y goals to help advance your steps in taking better care of yourself.**

**Boost Your Brain and Memory** is a multi-faceted, whole person program offering a unique approach to brain fitness. Instructor led activities, guide adults through a series of Physical, Emotional, Intellectual, Nutritional, Spiritual, and Social activities that can lead to improved brain health.

***People who have taken the workshop learn to:***

- **Live healthier**
- **Remember things better**
- **Pay closer attention**
- **Be more organized**

***Join one of our next 8 week sessions***

#### **Session I is beginning**

**Wednesday, September 12, 2018**

**1:30pm—3:00pm**

**(Light snack and refreshment included)**

**Phantom lake YMCA Camp**

**S110 W30240 YMCA Camp Road, Mukwonago, WI 53149**

**To Register Contact:**

**Ruth Tozer @ (262) 227-3590**

#### **Session II is beginning**

**Thursday, September 27, 2018**

**1:30pm—3:00pm**

**(Light snack and refreshment included)**

**Aurora Summit Medical Center**

**36500 Aurora Drive, Summit, 53066**

**To Register Contact:**

**Trish Golden @ (262) 434-1248 or**

**Online at [www.aurora.org/events](http://www.aurora.org/events)**

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. Communities across the country use the month each year to raise awareness about the important role vaccines play in preventing serious, sometimes deadly diseases across the lifespan.

The National Public Health Information Coalition website has created a toolkit that was created to promote the importance of immunizations during this month. You will find valuable resources in this toolkit below:

<https://www.nphic.org/niam>

Did you know that Wisconsin has an immunization registry? The Wisconsin Immunization Registry (WIR) is a no cost computerized internet immunization record database application that allows individuals to look up their own immunization record and keep everyone on track for their recommended immunizations. Many people receive immunizations from more than one provider, so it can be difficult to know which vaccine you need or have had at any particular time. With access to look up your immunizations it can decrease the number of patient requests to providers for immunization records. The WIR gives people the ability to look up immunization records in the Wisconsin Immunization Registry. Information is collected on a form to be used to document authorization for receipt of vaccine(s). Information collected on the form is voluntary. If you want to use the system, you must perform a search for the record using first name, last name, date of birth and one of either social security number or Medicaid ID. Below is the link to get started:

<https://www.dhswir.org/PR/clientSearch.do?language=en>

<https://www.cdc.gov/>



## Just Peachy!

Did you know there are over 700 varieties of peaches? Did you also know that peaches are high in vitamins A, B and C? August is National Peach Month and a great time to enjoy this luscious stone fruit. Peaches are delicious by themselves but here is another way to enjoy fresh peaches with friends or family.

### Peach Salsa

- 1½ cups ripe peaches, diced (4-6 depending on size)
- 1 cup tomato, diced (about 2 medium)
- 1 tablespoon jalapeño, finely minced
- ¼ cup yellow pepper, small dice (substitute red or green pepper if you'd like)
- ¼ cup red onion, finely diced
- 1 tablespoon cilantro, chopped
- juice of 1 lime
- ¼ teaspoon ancho chili powder or other chili powder
- 1 tablespoon brown sugar, packed
- salt and pepper to taste
- for spicier version add more jalapeño or cayenne powder or other ground pepper to taste



Mix all ingredients together, chill, and serve with your favorite corn chips.



## Get on Board for the Walk to End Alzheimer's®

**In Waukesha County**

**Saturday, September 8th at Frame Park**

Walk Co-Chairs Tom Hlavacek and Monica Murphy invite you to Walk with them because **The End of Alzheimer's Starts with You!** Register for the Walk to End Alzheimer's on September 8th at Frame Park in Waukesha at [act.alz.org/waukesha](http://act.alz.org/waukesha). Start a team today! Gather your friends, family, co-workers, or members of your church or community organization. The Walk begins at 10:00 a.m., with on-site registration starting at 8:30a.m. If you aren't able to participate at the event, show your support by registering as a "virtual walker" or make a donation to support a friend, family member or co-worker.

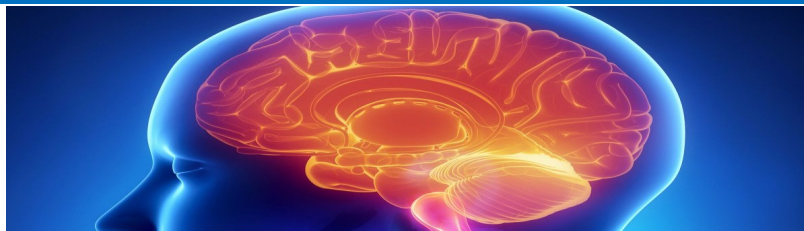
Enjoy a scenic stroll along the river, plus all the pre and post-Walk festivities including a complimentary breakfast and lunch provided by Chef Jack's Catering, live music, team photos, a Caregiver sanctuary, and the Purple Clubhouse activity area featuring family activities, temporary tattoos and a crazy Purple selfie station.

**Join the fight for Alzheimer's first survivor.** At the Alzheimer's Association Walk to End Alzheimer's, people carry flowers representing their connection to Alzheimer's — a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease.

Start or join a team today at [act.alz.org/waukesha](http://act.alz.org/waukesha)







You are invited to participate in Alzheimer's research projects happening locally

Froedtert and the Medical College of Wisconsin has asked the ADRC to share information about two research projects that they are recruiting participants between the ages of 55 and 90 years old to be involved in. Participants must not have any signs or symptoms of Alzheimer's Disease. All costs associated with the research will be covered by the study and all appointments will be conducted at Froedtert & The Medical College of Wisconsin in Milwaukee. Individuals may receive compensation for their participation.

**The Network –level Mechanisms for Preclinical Alzheimer's Disease Development**—The purpose of this study is to determine whether the use of a specific medication can improve memory function. This is an 8 week study, including 4 visits involving cognitive testing, MRIs, vital signs and blood draws.

**The Alzheimer's Disease Connectome Project** - the purpose of this study is to make detailed measurements of the brain networks. Participation in this study is for 4 years—with evaluations done at the start, 2 years after that and then 2 years after that. Participants will complete a medical history interview, cognitive testing, blood draw, physical/neuro exam and MRIs.

These studies are happening right now. You can make a difference!

To find out more, please Rebecca Rehborg at 414-955-0667 or  
email her at [rrehborg@mcw.edu](mailto:rrehborg@mcw.edu)

Do you want to make a difference?

Do you worry about Alzheimer's Disease in your future?

Do you know someone with Alzheimer's Disease?

**AUGUST IS LIKE  
THE SUNDAY OF  
SUMMER.**

**summer  
days are  
ending**



## Greendale Celebrates 80 Years as a Greenbelt Town

During Franklin D. Roosevelt's presidency, the federal government allocated billions of dollars to a program called the New Deal. The New Deal created projects to put Americans back to work while improving the Country's infrastructure.

In 1936, the U.S Department of Agricultural developed the "Greenbelt Towns" project with the New Deal funds. Three towns were chosen to create communities with affordable housing near schools, commerce, parks and gardens; Greendale, WI, Greenhills, OH and Greenbelt, MD. Located outside of large cities, these towns were intended to combine the best parts of living in a city with a country feel. Housing was situated within easy walking distance of gardens, employment and a town center.

Greendale saw its first tenant move in on April 30, 1938. The town consisted of 366 homes built on 3400 acres of old farmland. Single family, multi-family and row houses help shape the landscape of Greendale. All of the buildings were of similar construction but with different floor plans. All have concrete foundations, cinder-block walls and either tile- or slate-shingle roofs, a utility room, containing the coal fired furnace and laundry facilities, and no basement. Most of the homes were two stories. The first floor was finished with asphalt tile on a 2 1/2" concrete slab, supported by precast concrete joists. The second floor was of 7/8" oak or maple. The living room had a beamed ceiling of 8 inch ponderosa pine, with the wood sub floor of the floor above serving as its ceiling finish. All of the homes are still standing today. The properties were owned by the government and then rented to families based on income, housing need and family size. Income requirements were specific, a minimum of \$1200 and a maximum of \$2,700. In 1949 the Public Housing Administration gave Greendale residents the right to purchase their homes.



## WAUKESHA COUNTY SENIOR DINING CENTERS

### Brookfield

**782-1636**— Virginia  
Brookfield Community Center  
2000 North Calhoun Road  
Monday thru Friday at 12:00

### Butler

**783-5506**— Pam  
Hampton Regency Apartments  
12999 West Hampton Avenue  
Monday thru Friday at 11:45

### Hartland

**367-5689**—Peggy  
Breezewood Village Apartments  
400 Sunnyslope Drive  
Monday, Wednesday, Friday at 12:00

### Menomonee Falls

**251-3406**— Diane  
Menomonee Falls Community Center  
W152 N8645 Margaret Road  
Monday thru Friday at 12:00

### Mukwonago

**363-4458**—  
Birchrock Apartments  
280 Birchrock Way  
Monday thru Thursday at 12:00

### Muskego

**414-422-0420**—Jack  
Stoney Creek Adult Community  
S69 W14142 Tess Corners Drive  
Monday, Wednesday, Friday at 11:45

### New Berlin

**784-7877**— Lisa  
Regency Retirement Community  
13750 West National Avenue  
Monday thru Friday at 12:00

### Oconomowoc

**567-5177**— Kelly  
Oconomowoc Community Center  
220 West Wisconsin Avenue  
Monday thru Friday at 12:00

### Sussex

**246-6747**—Nick  
Sussex Civic Campus  
N64 W23760 Main Street  
Monday thru Friday at 12:00

### Waukesha

**547-8282**— Lucille  
La Casa Village  
1431 Big Bend Road  
Monday thru Friday at 12:00

### Eligibility: Persons 60 years and older

For reservations, call the dining center manager between 9:30 am- 12:00 pm, one working day in advance, or the ADRC at (262) 548-7826.  
Transportation may be available by taxi or Rideline for \$1.00 each way.  
Some Meals Sites offer blood pressure checks free of charge and some have foot care available for a fee. Ask your meal site coordinator what is available.

# AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

## SENIOR DINING AND HOME DELIVERED MENU August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Jumbo Chili Cheese Dog on a Poppy Seed Bun w/ Diced Onions Ketchup / Mustard Baked Beans Buttered Sweet Corn Fresh Fruit Salad Cream Puff Alt: Fresh Fruit	Egg Salad on Croissant w/ Lettuce & Tomato Fresh Carrot and Celery Sticks w/ ranch Honeydew Melon Oatmeal Raisin Cookie Alt. Grapes	Lemon Herb Chix Breast Baked Sweet Potato w/ Butter Romaine Salad w/ Italian Dressing French Bread w/ Butter Watermelon Slices
6	7	8	9	10
Mama Leone's Italian Casserole Tossed Salad w/ Italian Dressing Warm Breadstick w/ Butter Fresh Peach Alt. Sugar Free Pudding	Tuna Pasta Salad Broccoli Salad Waldorf Salad Cornbread Muffin w/ butter Ice Cream Cup Alt: Sugar Free Ice Cream	Chicken Caesar Salad Caesar dressing, parmesan cheese croutons Tomato Onion Salad Croissant w/ butter Summer Fresh Fruit Zucchini Bread	Breaded Cod Tartar Sauce Quartered Red Potatoes W/ butter Peas and Carrots Rye Roll w/ butter Sliced Peaches	Barbecue Meatballs American Fried Potatoes / Ketchup packet Stewed Tomatoes Bread/Butter Sliced apples
13	14	15	16	17
Mushroom Burger with Swiss Cheese Rye Hamburger Bun Ketchup & Mustard 5-way Mixed Vegetable Baby Baker Potatoes Mandarin Oranges	Breaded Chicken Parmesan Bow Tie Pasta w/ Marinara Sauce Italian Beans Crusty Italian Bread w/ butter Fresh Apple	BBQ Pulled Pork On Whole Wheat Calico Beans Hashbrown Casserole Cubed Watermelon Dessert Bar Alt: Sugar Free Cookie	Oven Roasted Chicken on the bone Baked Potato w/ butter Broccoli Salad Grapes Chocolate Chip Cookie Alt. Fresh Fruit	<b>IRISHFEST</b> Stuffed Cabbage Rolls Baked Potato w/ sour cream and butter Dill Crinkle Cut Carrots Chocolate Cake w/ Mint Frosting Alt. Sugar Free Cookie
20	21	22	23	24
Pork Chop Suey Brown Rice Oriental Blend Veg Mandarin Oranges Wheat Dinner Roll w/ butter Almond Cookie Alt: Banana	Hungarian Goulash Mashed Potatoes Brussels Sprouts Diced Pears Multigrain Bread w/ butter	<b>MEXICAN FIESTA</b> Fiesta Lime Chicken Breast w/ Pico de Gallo Mexican Seasoned Rice Southwest Style Corn Cantaloupe Cinnamon Donut Alt. Sugar Free Cookie	Roast Turkey/Gravy Mashed Potatoes w/Gravy Key Largo Vegetables Dinner Roll Cranberry Oatmeal Cookie Alt: Fresh Plum	Crab Pasta Salad Marinated Vegetable Salad Bran Muffin/butter Apricots Dessert Bar Alt. Fresh Fruit
27	28	29	30	31
Swiss Steak Mashed Potatoes w/ gravy Peas & Carrots Whole Grain Bread w/ butter Fruited Yogurt	Denver Omelet with Cheese Sauce Sausage Patty Potato Cakes ketchup Orange Juice Fruit Cup Streusel Coffee Cake Alt: Fresh Apple	Roasted Pork w/ Gravy Baked Potato with Sour Cream Sunshine Carrots Dinner Roll w/ butter Marble Cake Alt. Banana	Chicken Creole Seasoned Red Beans & Rice Seasoned Spinach Fruit Punch Corn Muffin w/ butter Watermelon	<b>Goodbye Summer...</b> BBQ Pulled Pork on Whole Wheat Bun Baked Beans Coleslaw Fresh Melon Ice Cream Cup



## CMS is seeking public comment on the Wisconsin's SeniorCare program

The federal Centers for Medicare and Medicaid Services (CMS) has confirmed receipt of the Wisconsin Department of Health Services' (DHS) final SeniorCare waiver application requesting a 10-year renewal of the SeniorCare Prescription Drug Assistance Program through December 31, 2028. Wisconsin is not proposing any program changes in their application.

CMS has posted the SeniorCare waiver renewal application to their Medicaid.gov website. You will find a link to the pending application, as well as a "View/Submit Comments" button here:

<https://www.medicaid.gov/medicaid/section-1115-demo/demonstration-and-waiver-list/?entry=8658>.

CMS is seeking public comment on the Wisconsin's SeniorCare waiver renewal request via a 30-day federal public comment period beginning July 5, 2018 and ending Aug. 4, 2018 at 11:00 p.m. To submit comments, click on the "View/Submit Comments" button at the previous link or go directly to the questionnaire using this link:

<https://public.medicaid.gov/connect.ti/public.comments/answerQuestionnaire?qid=1896803>

To review a summary of the SeniorCare public comments submitted to DHS go to:

<https://www.dhs.wisconsin.gov/seniorcare/scwaiver-waiver-comments18.pdf>

## Community Memory Screens

A Memory Screen is a wellness tool that helps identify possible changes in memory and cognition. It creates a baseline of where a person is at so future changes can be monitored. Early detection is as important as a screening for blood pressure, diabetes or a stroke. During the screening process an individual will get immediate results from their screen, receive information about dementia and Alzheimer's Disease, ask question directly to a Dementia Care Specialist, and learn about brain health and ways to stimulate your brain.

Location	Address	Date	Time
Menomonee Falls Senior Center	W152 N8645 Margaret Rd, Menomonee Falls, WI	9/06/2018	9:00am-4:00pm
Schuetze Recreation Center	1120 Baxter St Waukesha, WI	9/27/2018	9:00am-3:30pm

**\*\* To make an appointment, contact the ADRC at 262-548-7848**

# Smart Choices at Fairs and Festivals

Fairs and festivals are known for serving a variety of novelty food items, from deep-fried Twinkies to just about anything on a stick. Is it possible to make healthy choices while enjoying fair foods?

Here are some ways to make healthy(...er) choices at fairs and festivals:

1. Choose vegetables and fruit if available
2. Choose whole pieces of meat instead of highly processed meats
  - Whole= fish fillet, chicken breast, pork loin, shredded meat
  - Processed= bratwurst, sausage, hot dogs, bacon, chicken nuggets
3. Choose smaller portions, especially for fried foods or foods high in sugar

## Main dishes that tend to be healthier:

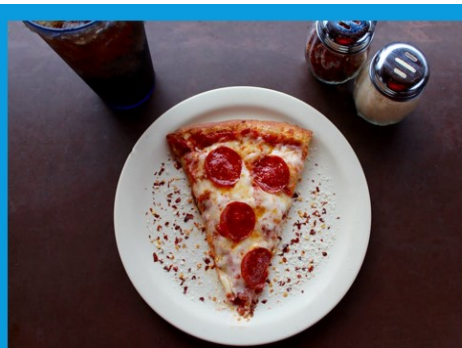
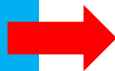
- ✓ Loaded baked potatoes (depending on what you load it with)
- ✓ Pulled BBQ chicken or pork sandwiches
- ✓ Grill chicken sandwiches
- ✓ Vegetable stir fry dishes
- ✓ Tacos

## Healthier Snacks:

- ✓ Popcorn
- ✓ Fruit
- ✓ Roasted Corn
- ✓ Chocolate covered frozen banana
- ✓ Fruit smoothies (made with real fruit)



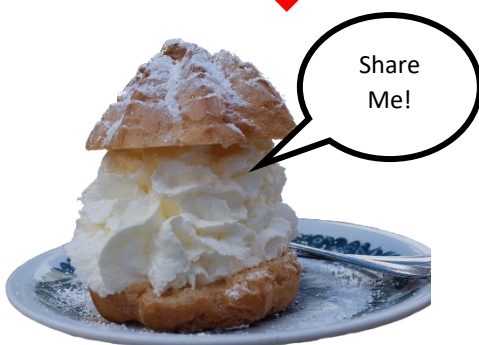
Portions can make a big difference! Choose smaller sizes, or split an item with a friend or family member.



One regular Pizza Slice  
310 calories



One Giant Pizza Slice  
720 calories



## August is National Eye Exam Month

Are you holding the newspaper farther away from your eyes than you used to? Join the crowd—age can bring changes that affect your eyesight. Some changes are more serious than others, but for many problems, there are things you can do to protect your vision. The key is to have regular eye exams so you can spot problems early.

### How Can you Protect your Eyesight?

- Have your eyes checked regularly by an eye care professional— either an ophthalmologist or optometrist
- See an eye care professional right away if you:
  - Suddenly cannot see or everything looks blurry
  - See flashes of light
  - Have eye pain
  - Experience double vision
  - Have redness or swelling of your eye/eyelid
- Protect your eyes from too much sunlight by wearing UV radiation blocking sunglasses and a hat when outside.
- Stop smoking
- Maintain normal blood pressure.
- Control diabetes if you have it
- If you spend a lot of time at the computer, look away about 20 feet for 20 seconds to prevent eye strain.



For more information about eye problems or vision loss, contact the National Eye Institute at 301-496-5248. Information from this article was used from the National Institute on Aging (NIH).

### Wisconsin Talking Book and Braille Library

If you or someone you know are low vision or blind and cannot see regular print or handle print materials, consider the Wisconsin Talking Book and Braille Library (WTBBL). WTBBL provides free audio books and braille materials to people living in Wisconsin using the U.S. Postal Service. WTBBL circulates audio books to nearly 7,000 registered users and over 580 institutions.

The Talking Book Program uses digital players that users can download digitized books, magazines, and audio-described DVDs. Use the [WTBBL Online Public Access Catalog \(OPAC\)](#) to search for books in the collection and order them online.

If you or someone you know are interested in this free program, contact the WTBBL at:

Wisconsin Talking Book and Braille Library  
813 West Wells Street  
Milwaukee, WI 53233-1436

Phone: (414) 286-3045  
Toll-free within Wisconsin: (800) 242-8822  
Fax: (414) 286-3102  
Email: [wtbbl@milwaukee.gov](mailto:wtbbl@milwaukee.gov)

Visit <https://dpi.wi.gov/talkingbooks/apply> to find the eligibility requirements and application for this program!







# PUZZLE TIME!

## State Fair

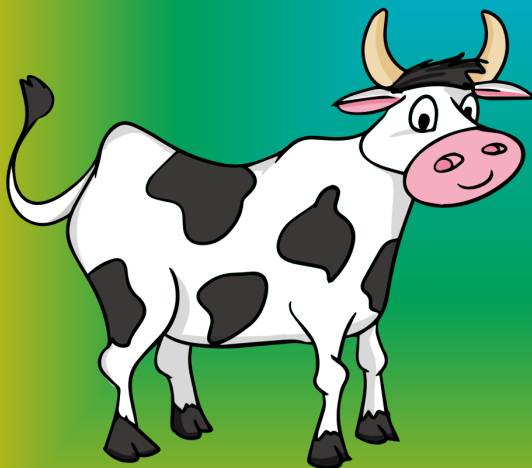
Find each word in the search.

Words go ↑, →, and ↘.

fairgrounds	rides
cotton <u>candy</u>	Ferris wheel
events	fun <u>house</u>
annual	souvenir
livestock	exhibits
ticket	hot <u>dogs</u>



r	l	i	o	h	d	o	g	s	f
t	i	c	k	e	t	y	s	k	a
e	v	d	a	n	v	z	o	k	i
p	e	p	e	n	m	t	u	y	r
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n	c	o	t	m	k	r	i	l	u
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a	n	s	i	o	r	w	t	i	d
l	m	e	x	h	i	b	i	t	s



ADRC of Waukesha County  
Human Services Center  
514 Riverview Avenue  
Waukesha, WI 53188

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